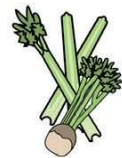

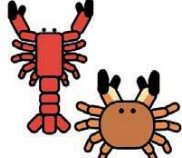

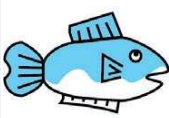











# DISHES AND THEIR ALLERGEN CONTENT - KETO KITCHEN LYTHAM

## CAKES, TREATS ETC - LAST PAGE

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
AUBERGINE LASAGNA							✓							
BACON & EGG QUICHE				✓			✓			✓ ALMOND				
BACON & SAUSAGE QUICHE				✓			✓			✓ ALMOND				
BEEF CURRY WITH CAULIFLOWER RICE							✓							
BEEF IN RED WINE WITH CAULIFLOWER RICE	✓						✓							✓
BEEF IN RED WINE WITH VEGETABLES	✓						✓							✓
BEEF STIRFRY													✓	
BIG BREAKFAST				✓										✓
BLACK BEAN SPAGHETTI							✓						✓	
BLUEBERRY MUFFIN				✓			✓			✓ ALMOND				


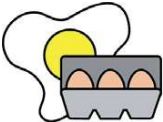
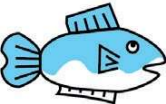
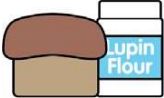







## DISHES AND THEIR ALLERGEN CONTENT - KETO KITCHEN LYTHAM

[illegible]

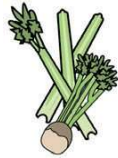

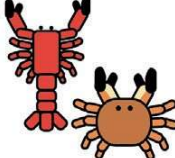

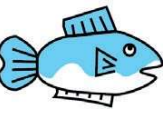
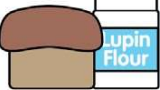








## DISHES AND THEIR ALLERGEN CONTENT - KETO KITCHEN LYTHAM

[illegible]


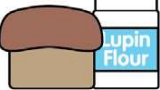




# DISHES AND THEIR ALLERGEN CONTENT - KETO KITCHEN LYTHAM

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
CHICKEN IN WHITE WINE & PESTO COURGETTE	✓						✓			✓ PINE NUT				✓
CHORIZO & PEPPER FRITTATA				✓			✓							
CHORIZO & PEPPER QUICHE				✓			✓			✓ ALMOND				
COD, CHEESE SAUCE & VEG					✓		✓							
COTTAGE PIE	✓						✓							
COURGETTE & CHICKEN SOUP							✓							
CREAM OF CHICKEN SOUP							✓							
EDAMAME & MUNG BEAN FETTUCINI ARRABIATA	✓												✓	
FISHPIE					✓		✓							
FISHCAKES				✓	✓		✓			✓ PINE NUT				

DISHES AND THEIR ALLERGEN CONTENT - KETO KITCHEN LYTHAM

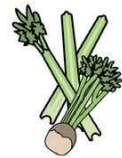

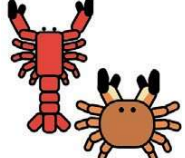

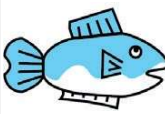
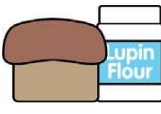








DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
HUNTERS CHICKEN														
LOADED MUSHROOMS & CHORIZO CABBAGE	✓						✓							
MEATBALL SPAGHETTI (EDAMAME)	✓			✓			✓						✓	
MEATBALLS WITH AUBERGINE PARMIGIANA				✓			✓							
MEATBALLS WITH PESTO CABBAGE				✓			✓			✓ PINE NUT				
MINESTRONE SOUP	✓													
MUSHROOM SOUP							✓							
PANCAKES				✓			✓							
PROSCUITTO CHICKEN & BROCCOLI							✓							
ROAST CHICKEN DINNER, YORKSHIRE, CELERiac DAUPH	✓			✓			✓							

# DISHES AND THEIR ALLERGEN CONTENT - KETO KITCHEN LYTHAM

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
SALMON & CREAM CHEESE QUICHE				✓	✓		✓			✓ ALMOND				
SALMON WITH ROASTED VEG					✓									
SALMON, CAPER SAUCE & CELERIAC DAUPHINOISE	✓				✓		✓							
SALMON, LEMON MUSTARD SAUCE & VEG					✓		✓		✓					
SAUSAGES, ONION GRAVY & CELERIAC	✓						✓							✓
SAUSAGE, TOMATO & MUSHROOM														
STUFFED COURGETTES							✓							
STUFFED PEPPERS							✓							
TUNA, LEMON MUSTARD AND VEG					✓		✓		✓					
THREE CHEESE QUICHE					✓				✓	✓ ALMOND				



# DISHES AND THEIR ALLERGEN CONTENT - KETO KITCHEN LYTHAM - EXTRAS

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
CHICKEN PIZZA	✓						✓			✓ ALMOND				
CHORIZO PIZZA	✓						✓			✓ ALMOND				
TUNA PIZZA	✓				✓		✓			✓ ALMOND				
BREAD				✓						✓ ALMOND				
COCONUT CAKE				✓						✓ ALMOND				
CHOCOLATE CAKE				✓			✓			✓ ALMOND				
MILLIONAIRE SHORTBREAD				✓			✓			✓ ALMOND			✓	
LEMON DRIZZLE CAKE				✓						✓ ALMOND				
CHEESECAKE							✓			✓ ALMOND				

Review date: 11/10/2021

Reviewed by: JS